

A REVIEW STUDY ON AYURVEDIC MANNAGEMENT OF MALE INFERTILITY

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Article Received on
27 Jan. 2020,

Revised on 17 Feb. 2020,
Accepted on 08 March 2020

DOI: 10.20959/wjpr20204-16993

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ABSTRACT

Even after trying to get pregnant with frequent, unprotected intercourse for at least a year there is no success in 5-10 percent of couples. They are classified as infertile. In about half the cases, male infertility is a factor. Causes of male infertility include abnormal sperm production or function and/or impaired delivery of sperm. General health and lifestyle issues such as, excessive smoking, alcohol intake, degrading environment, changes in food habits, and deskbound work, stress etc. are affecting the fertility. Ayurveda realized the problem of male sexual dysfunction thousands of years ago and developed a separate specialty, namely, Vaajeeekarana-chikitsa. It has also recommended an appropriate use of plant-based remedies, a proper lifestyle and nutritious diet for improving overall health and treating male infertility.

In this paper we are putting forward the causes and treatment of male infertility as described in Ayurveda.

KEYWORDS: male infertility, vaajeeekarana-chikitsa, shukra dushti.

INTRODUCTION

A highly fertile couple practising coitus regularly take an average of 6-7 months to achieve a pregnancy, and four out of five women conceive within 1 year of commencing regular coitus without contraception. Failure to conceive during 12-18 months despite adequate opportunity is therefore always acceptable as justifying full investigation. A strong case can be made for investigating infertility of only 1 year's duration especially if the woman is aged over 30

years or the man is aged over 40 years. A clinical examination of both partners, and possibly semen analysis is indicated as soon as any couple becomes worried.^[1]

Male reproductive health has social and psychological impact on normal life. A normal male reproductive health is a compound result of normal functioning of male reproductive system. In the last 50 years, a significant decrease in human fertility has been observed. It has also been stated that 15% of couples have fertility problems. Among infertile couples, it is man who is responsible for 50% cases of infertility. The studies indicate that 6% of men aged 15-44 years are infertile or their fertility is significantly compromised. Reports in recent years have shown that incidence of male infertility has increased as a result of various factors such as environmental pollution, stress and lifestyle. Although there are several lifestyle factors which contribute to male factor infertility, we will focus in this review on only certain factors such as psychological stress, genital heat, smoking, and alcohol, and these are responsible for decline in male reproductive health directly or indirectly.

Causes of Male Infertility

Ayurveda explains following causes for male infertility

अतिव्यवायाद्वयायामादसात्म्यानां च सेवनात् ।

अकाले वाऽप्ययोनी वा मैथुनं न च गच्छतः ॥

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- **Ativyavayat** - Over indulgence in sexual activity
- **Atikamat** - Over exertion, it may include any kind of physical exertion or strenuous mental efforts.
- **Avyayamat** - Over relaxation, laziness or spending very leisure life.
- **Asatmyanam cha sevanat**- Eating over spicy, salted, sour, frozen foods, foods with low nutrition and lack of hygiene, also behavioural habits like sleeping very late at night, hectic lifestyle leads to disparity of Rakta and Pitta Dosha, ultimately causing Shukra kshaya i.e. deficit in Shukra Dhatu qualitatively and quantitatively.
- **Akale** - It means at inappropriate time; i.e. before desirable age specifically before age of 16 in females and 18 in that of males, or beyond the age of 65-70 where the body faces generalised debility. Another aspect explains having intercourse very frequently and many times (5-6 times) in a day also leads to debility of Shukra dhatu.

- **Ayonyau** - indulging into sex in other than natural ways, le Masturbation oral or anal sex etc.
- **Maithunam Na Cha Gachataha** - Suppression of sexual urge.

*रुक्षतिक्त कषायातिलवणाम्लोष्णसेवनात्।
नारीणामरसज्ञानं गमनाज्जरया तथा ॥
चिन्ताशोकादविसम्भाच्छस्त्रक्षाराग्निविभ्रमात् ।
भयात्क्रोधाद्भीचाराद्वचाधिभिः करशितस्य च ॥*

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- Repeatedly having more food which are *Ruksha* (dry), *Tikta* (bitter), *Kashaya* (astringent), *Lavan* (salty), *Amla* (sour), *Ushna* (hot).
- Having intercourse with women who are not sexually interested.
- Old age tension sadness cheating are also the causes of infertility.
- Complication of inappropriately operated surgery, *agnikarma* & *ksharkarma*.
- Fear, anger, chronic disease also causes infertility.

Behavioral factors

Excessive sexual indulgence, untimely sexual congress, sexual abuse, absolute sexual abstinence, bodily exertion in excess, suppression of natural urges and sexual congress with an unresponsive woman. also behavioural habits like sleeping very late at night, hectic lifestyle leads to disparity of Rakta and Pitta Dosha, ultimately causing Shukra kshaya i.e. deficit in Shukra Dhatu qualitatively and quantitatively.

Psychological factors

Grief, anxiety, fear, anger and lack of mutual love and confidence. Sleeping very late at night, hectic lifestyle leads to disparity of Rakta and Pitta Dosha, ultimately causing Shukra kshaya i.e. deficit in Shukra Dhatu qualitatively and quantitatively.

Klaibya (Loss of libido)

Causes like Psychic, dietary, exhaustion of sukra, old age, mental worries, debilitating diseases (like T.B, Diabetes mellitus), over strain, excessive indulgence in sex are considered as contributory factors of quantitative and qualitative diminution of sukra.

TREATMENT

Ayurvedic concept about prevention of male infertility in the classics of Ayurveda the following charya's (conducts) have been mentioned with which a person will be able to be infertile. Healthy and cure many of lifestyle disorders such like.^[2,3]

- Dinacharya
- Ritucharya
- Ratricharya
- Trayopasthambha palana
- Sadvritha
- Achara rasayana
- Ashtanga yoga

In the management of male infertility requires some alteration in lifestyle and food habits.

In the Ayurvedic classics the following karmas have also been mentioned for treatment of infertility are:

The treatment includes, Shodhan Chikitsa i.e. cleansing therapy depending upon dominancy of derranged doshas.

- Vaman in Kapha dushti,
- Virechan in Pitta dosha,
- Basti in case of Vata dushti
- Panchakarma therapies like Abhyanga, Shirodhara, Nasya endows great deal of physical and mental relaxation.
- Regular exercise and yoga promotes added assistance.
- One should practice pelvic floor exercises, padmasana moola bandha to strengthen and optimize the functionality of the desired organs.
- Treating obstructions or infections if any, with medicines like Gokshur, Guduchi, Triphala, etc.
- Uttar Basti treatment serves beneficial in cases of obstructive pathologies, it will strengthens the muscles of urinary tract and reproductive system.
- Rejuvenation^[4] and Aphrodisiac^[5] treatment plays an important role.
- **Rejuvenation** therapy reinforces the body and it revitalizes internally and externally thus enhances body endurance and also assists in creating healthier sperms Medicines like

Chyawanprash, Musali pak, Rasayanvati Kandarpe paak, Kushmanda avleha, etc serves the purpose.

▪ **Aphrodisiac** Therapies are of 3 types:

1. Sperm generating or enhancing sperm count.
2. Those which helps in ejaculation of seminal fluid.
3. Medicines which serve both the above purpose.

Medicines like *Kapikacchu*, *Gokshura*, *Ashwagandha*, *Shatavari*, *Yashtimadhu* plays an essential role in improving count of efficient sperms.

- **Kapikacchu** (*Mucuna pruriens*), which has been found to increase sperm concentration and motility.^[6]
- **Gokshura** (*Tribulus terrestris*), which raises testosterone levels.^[7]
- **Ashwagandha** (*Withania somnifera*), which enhances spermatogenesis via a presumed testosterone-like effect.^[8]
- **Shatavari** (*Asparagus racemosus*), which appears to enhance fertility by reducing oxidative stress.^[9]
- **Yashtimadhu** (*Glycyrrhiza glabra*), found to improve semen quality.^[10]

All the used in the form of medicated milk or ghee, because revitalization of cells is an integral part of the treatment above mentioned medicines can be used in powder form or for superior results they should be Necessary Diet Modifications.

- Almonds, walnuts, pumpkin seeds, black currants, dates, figs, apricots, and raisins. Milk, milk-date shake. milk-mango shake can also be cherished.
- Fresh, organic fruits, fruit juices and vegetables
- Dairy products like lassi, butter, cream especially intake of Milk and Ghee should be increased. They can be taken in medicated form or plainly.
- Spices such as *ajwain* powder, *cumin*, *turmeric* cleanses the genitourinary tract.
- Vegetarians must include pulses & Non-vegetarians can include preparations of eggs, meat (Goat meat). Soups Increases appetite and also provides desired nutrition.
- Rice pudding or vermicelle pudding, sweet preparation of suji in ghee is also beneficial.

CONCLUSION

This article includes a review of the Ayurvedic management of male infertility.

Ayurvedic treatment can enhance the production of sperms. Shodhan karmas are very useful in male infertility. Patients with complaints of loss of libido (*Klaibya*) can have good results with the help of Ayurvedic herbs.

Ayurveda not only explained medicines but also explained lifestyle and food habits regarding the male infertility.

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